Caribbean Travel Information

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Introduction

- Travelers to the Caribbean may be exposed to potential diseases from a number of sources.
- The most frequently reported illness is traveler's diarrhea
- These diseases are transmitted by insects, contaminated water, or close contact with infected people

Reducing infection risk

- Protect themselves from insects
- Ensure the quality of their food and drinking water
- Be knowledgeable about potential diseases in the region to be visited

Diseases transmitted by insects

- Mosquitoes, flies, fleas, ticks, and lice
- Protect themselves from bites :
  - wearing proper clothing
  - using bednets
  - insect repellents to exposed skin and clothing
  - avoid high risk situations

Diseases Cont.

- Malaria
  - Transmitted by mosquito
  - Symptoms range from fever and flu-like symptoms to chills, achiness, and tiredness
  - untreated, malaria can cause anemia, kidney failure, coma, and death.
- Risk: Haiti and the Dominican Republic.
- Prvention: CHLOROQUINE

Diseases Cont.

- Yellow fever.
  - transmitted by mosquito
  - symptoms range from fever chills, headache, and vomiting to jaundice, internal bleeding and kidney failure.
  - death in 5% of infected persons
  - NO TREATMENT therefore prevention is important
- Risk: Trinidad and Tobago
- Prevention: Vacination

Yellow fever cont.

- Traveling from yellow fever infected countries.
  - Angola, Bolivia
  - Camaeroon Brazil
  - Gambia Colombia
  - Guinea Ecuador
  - Kenya Peru
  - Mali
  - Nigeria
  - Sudan & Zaire
- Traveling to caribbean
  - Antigua & Barbuda
  - Bahamas Netherlnds
  - Barbados St. Lucia
  - Dominica St. Vincent
  - Grenada St. Kitts
  - Guadeloupe Nevis
  - Haiti T &T
  - Jamaica
  - martinique

Dengue Fever.

- Transmitted by mosquito
- Illness is flu-like, sudden onset, high fever, severe headaches, joint and muscle pain, and rash.(rash 3-4 days after fever)
- NO TREATMENT OR VACCINE AVAILABLE
- Prevention is important.

Preventing insect bites

- Well screened areas
- mosquito nets
- clothes that cover most of body
- insect repellent e.g. DEET containing insect repellent. Use sparingly on children or pediatric dose.(avoid contact with eyes)
- Flying insect-killing spray for sleeping areas at night and PERMETHRIN on clothing

Diseases transmitted through food and water

- Food and waterborne diseases are the #1 of illness to travelers and are very common in the Caribbean
- caused by viruses, bacteria, or parasites
- Transmission is most often through contaminated food or water.

Cholera

- Acute, diarrheal illness caused by infection of the intestine
- Symptoms range from none to profuse watery diarrhea & vomiting, often with leg cramps
- Risk:Central & Tropical S. America. Not yet in Caribbean
- Pevention: Vaccine: Avoid high risk food

Typhoid fever

- Bacterial infection transmited through:
  - contaminated water/food
  - directly between two people
- Symptoms:
  - fever, headaches, tiredness, loss of appetite, constipation

Typhoid Fever Cont.

- Prevention:
  - Drink only bottled water or boiled beverages
  - eat only thouroughly cooked food
  - vaccines protect 70-90% of recipiants, therefore caution is important
    - oral--4 pills over one week every 5 years
    - injection--1 shot every 2 years

Hepatitis A

- Viral infection of the liver---Fecal oral route.
- person to person, contaminated water, ice or shellfish, fruits or uncooked vegitables.
- Symptoms:
  - fatigue, fever, loss of appetite, nasea, dark urine, jaundice, vomiting,, aches, light stools
- Risk: travellers to endemic areas.

Hep A Cont.

- Prevention:
  - Thouroughly cooked food (85 degrees C for one minute or boiling)
  - Vaccines for long term protection (>3 months)
    - 4 weeks to be efective
    - IG for short term and children < 2 years of age

Parisites

- Eating or drinking contaminated water or food
- Direct contact with soil or water containing parasites or their larva.
- Contact with biting insects.

Parasites cont.

- Symptoms:
  - fever, swollen lymph nodes, rashes or itchy skin, digestive problems, eye problems and anemia.
- Risks:
  - food, water, eg. undercooked meat
  - insect bites
  - penetrate intact skin eg. Schistosomiasis

Schistosomiasis

- Found in:
  - Antigua, Dominican Republic, Guadeloupe,
  - Martinique, Monstserrat, Puerto Rico, St. Lucia
- Prevention:
  - Eat thoroughly cooked food
  - Drink safe water
  - wear shoes. Bath water heated to 50 dgrs C 5 mins or treated with chlorine or iodine
  - refrain from swimming in fresh water. Salt OK.

Diseases transmitted through intimate contact

- HIV/AIDS
- Hepatitis B
- Risk:
  - sexual or needle-sharing contact with a person infected
  - recieving unscreened blood for transfusion
  - no evidence of transmission through air, food water, insects, inanimate objects or casual contact

Prevention HIV/AIDS

- No effective vaccine
- No sexual contact or sharing needles with infected persons
- Consistent and correct use of latex condoms reduces risk
- Screened blood if transfusion is necessary

Prevention Hep B

- hepatitis B vaccination
- Begin six months before travelle. (full three doses needed for optimal protection)
- Endemic areas include Dominican Republic and Haiti.

Other diseases

- Rabies:
  - viral infection that affects the CNS
  - transmitted through mammal bites (Dogs main reservoir)
- Risk:
  - areas with large nunbers of dogs.
  - Cuba, Dominican Republic, Grenada, Haiti, Puerto Rico and Trinidad & Tobago

Rabies prevention

- Do not handle animals
- Any animal bite should receive prompt medical attention.
- Consider post exposure preventive treatment
- Clean wound with large amount of soap & water

Recomendations Rabies

- Preexposure vaccination if high risk of exposure is suspected, otherwise not required.
- Preexposure does not nullify the need for post exposure vaccine, but reduces the number of injections
- may provide protection under circumstances in which rabies exposure is unrecognized

Summary of recomendations for the Caribbean:

- Take the appropriate country specific malaria prevention measures.e.g. chloroquine, Haiti and Dominican Rep, only.
- Follow precautions to prevent insect bites
- Pay attention to quality of drinking water and food
- Have a dose of IG or hepatitis A vaccine

Summary continued;

- Consider a booster dose of tetanus (Td) vaccine
- Depending on location, consider: Hepatitis B, Yellow fever, Typhoid, Rabies (pre exposure) ,and Cholera vaccination
- Normal childhood vaccinations should be up to date: Measles, mumps Rubella: Diphtheria, Tetanus, Petussis; and Polio